

Baked Oatmeal Bites

Servings: 4

Estimated time: 25 min

Ingredients:

2 bananas
2 cups oats
1 tsp baking powder
1 tbsp melted coconut oil
1 tsp vanilla
2 eggs
1 cup almond milk
1 tbsp honey
2 scoops collagen powder
Dash salt

Instructions:

1. Preheat the oven to 350. Grease the muffin tin.
2. Mix together all ingredients (except for toppings) in a bowl.
3. Add desired toppings.
4. Add to muffin tins to make 12 muffins. Bake for 15–20 minutes.

Flavor ideas:

Pb&j: Add a layer of batter, then add a spoonful of peanut butter and jelly, then another layer of batter

Blueberry: Mix in fresh or frozen blueberries

Coconut Chocolate Chip: Mix in coconut flakes and chocolate chips

Peanut Butter White Chocolate Chip: Mix white chocolate chips. Add a layer of batter, then add a spoonful of peanut butter, then another layer of batter



334cal / 9g fat / 47g carbs
6g fiber / 18g protein

*for 3 muffins. does not include any flavorings/ toppings

Notes:

- These are great to freeze, also! Freeze them on a plate first, then you can throw them into a ziploc bag.
- To get 5 servings, make 10 big muffins and have 2 each morning.
- Sub for coconut oil: any oil or nut butter
- Sub for honey: maple syrup
- Sub for collagen: protein powder